

Warm Up: Running With The Ball.



Coaching Points:

- Use laces to run with the ball. – Head up.
- Inside & outside of feet to dribble.

- Players each have a soccer ball & dribble around area.
- When a player finds a space they must use their laces to push soccer ball ahead of them. This is called running with the ball.
- Players should still have control of soccer ball when touch is made into space.
- Dribble in traffic, run with the ball in space.
- Still provide touch techniques via numbers.

Fast Feet:



Coaching Points:

- Be on toes. - Use of arms to generate speed.
- Speed -Low to the ground for balance.

- Place cones around area in a fast feet format.
- Use 4 or 5 cones per fast feet layout.
- Player will run randomly around area performing fast feet movements at each cone.
- Change fast feet movements after every minute.
- Progressions:**
- Set a challenge to see who can perform most exercises.

Technique: Running With The Ball



Coaching Points:

- Head up, be aware of space.
- Run with the ball in space.
- Dribble in traffic. - Communication.

- 2v2 in center of area.
- 4 goals on each side of the square.
- Coach will pass a ball unto play, player must look to dribble through a goal and stop ball for a point.
- Speed of play should be fast & new ball should be passed in ASAP by coach.
- Switch players around after every 2 minutes.
- Players behind goals pass ball back to coach.

Skill Based Activity: Jail Break.



Coaching Points:

- Head up. - Communication.
- Time of run. - Change of speed.
- Dribble in traffic, run with ball in space.

- 2 teams play against each other with a middle boundary line.
- Players need to steal soccer balls from their jail and dribble it back to theirs.
- Once you cross the boundary you are not safe.
- If you get tagged once you pass the boundary you go to jail.
- The only way you can leave jail is if someone on your team tags you out.
- **End with Scrimmage (5v5).**